

Individual Coaching Services Overview

Examples of Coaching Engagements:

Business

- Developing a new small business
- Prioritization and Decision Making
- Being more Accountable
- Thinking outside of the box
- Management or Leadership Skills
- Confidential Sounding Board
- Building an Internet Presence

Personal

- Personal Branding
- Career Management
- Career Exploration
- Rethinking your Future
- Communication Skills
- Relationship Building
- Reflection and Reinvention

Is Coaching Right for You?

Sometimes you think you want to work with a coach yet are not sure if you are ready to do it or you are unsure what to expect. The success of a coaching relationship has many factors, take our readiness assessment to see if you are a good candidate for coaching.

How to Prepare for Your First Conversation

It is important to have clear objectives or goals going into the coaching process – even though they may change after you go through a few sessions.

Types of Coaching Engagements

There are two types of service levels: company sponsored and private individual coaching.

Company sponsored programs, often referred to as executive coaching, are one year terms. Pricing is based on the situation, location and intensity. Contact us to discuss an engagement.

Private coaching clients self-fund their own development and there is no relationship with a third party. There are three options available:



Private Coaching Options

1. **Coaching services pay as you go:** Beginning at \$150/hr.
 - a. HBDI: \$100
2. **Three Month Starter Package :** \$900 - \$1200
 - a. Six hours coaching – two 1-hour sessions for three months
3. **Six Month Flexible Coaching Package:** \$3000
 - a. Three 1-hour sessions per month by phone (customizable)
 - b. Additional support by phone and email

Rates and packages are subject to change. Terms are outlined in a formal agreement.

A Word about Assessments

All coaching clients take the Herrmann Brain Dominance Instrument (HBDI®) and receive feedback in his/her first session. This assessment successfully speeds up the onboarding processes for you and the coach to work together more effectively and efficiently. It often provides immediate feedback and insight on the issues you may be facing. The HBDI® is included in the package options.

Additional fees may apply if other assessments are recommended and used during the coaching engagement based on your specific goals.

About Your Coach - Lynn Dessert



Lynn began her entrepreneurial quest in 2001 after a 17- year career in human resources and line management previously holding positions as Vice President, Human Resources, where she provided coaching to executives and managed world-wide succession planning, training and management development.

As a personal coach, Lynn helps executives face and overcome career derailing traits, enabling them to move into company cultures that support their strengths. Up and coming managers seek out her guidance to accelerate their development in managing others and their careers.

Lynn received a B.A. degree in Social Work from Wright State University, Dayton, Ohio in 1981. She continued her education in an accelerated graduate program at Miami University, Oxford, Ohio earning an M.B.A Management concentration in 1983.

Additional certifications and qualifications include the following venues:

- [Myers-Briggs Type Indicator \(MBTI®\)](#)
- [Herrmann Brain Dominance Instrument \(HBDI®\)](#)
- [Benchmarks 360° Feedback](#)
- [SKILLSCOPE°](#)
- [KEYS°](#)
- [Executive Dimensions](#)
- [360 BY DESIGN](#)
- [Prospector°](#)
- [Firo-B®](#)
- [Strong](#)
- [TKI](#)

[Contact Lynn to get started today!](#)
